



Finding Your Forever Body: A 10-Step guide to breaking the diet cycle for good

By Kimberley Record

WingPower Publishing. Paperback. Condition: New. 200 pages. Dimensions: 8.0in. x 5.2in. x 0.5in. Kimberley Record is proud to say she has no idea how much she weighs. After years of body-weight obsession, calorie-counting, and a relentless focus on her imperfections, she broke the diet cycle for good. In Finding Your Forever Body, she shares the secrets to her life-altering journey to unconditional body love and shows how everyone from the constant dieter to the binge eater to the fit fanatic can achieve their forever body. Learn how to ditch the scale, love what youve got, treat yourself and cheat - daily, and much more! Finding Your Forever Body combines encouraging anecdotes and supportive tools with positive resources, focusing on nutrition, fitness, and good mental, emotional and spiritual health. Kim exposes the truth about dieting, uncovers problems with the food industry, and unpacks stereotypes that lead to negative body images. Inspiring, revealing, and fun, Finding Your Forever Body will transform the way you think and feel about your body and your life. Kimberley Record is a registered holistic nutritionist (RHN) and Body Love coach. She loves food and the pleasure of eating, hasnt touched a diet book in more than five years and...



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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- Mr. Gustave Gerhold

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM